

Rockville: a city with *class*

Take Advantage of What's HOT in Learning Throughout the City of Rockville This Year!

City of Rockville Newsletter Special Insert

MARCH 2005

Getting with the Programs

Different interests. Different talents. Different schedules.

How does a City government like Rockville accommodate the ever-changing needs of some 50,000-plus residents eager for exciting, useful — yet fun — extracurricular activities throughout the year?

Just ask the City's Recreation and Parks Programs Supervisor Pam Baxter.

"We are always looking for new ideas, new classes, new speciality areas," Baxter said of the City's Recreation and Parks class offerings. "The Rockville population is so rich in culture, age groups, and just overall interests, we are open to creating classes in almost any arena."

The Rockville class offerings hit just

about every possible interest group. Through four editions each year, the City's seasonal Recreation and Parks guide offers residents the opportunity to peruse 70-some pages of far ranging class opportunities from Nature Center offerings for toddlers to adult craft classes at various recreation centers to Senior Center fitness classes.

In all, the City's Recreation and Parks Department offers approximately 1,000 classes each year, with an overall enrollment of 25,000 residents.

This special insert of *Rockville Reports* focuses on some of the special classes offered by the City that some residents may have not otherwise known were available.



Synchronized Swimming details, see page 4.

Some involve sweating, some involve rehabilitation, others involving singing, and others involve dancing. The classes featured are a small sampling of the awesome variety in the City. Although not every class will interest everyone, all are open to the public, and there is an excellent chance that by looking hard enough, everyone will find something enticing. ■

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For more information on featured classes and other unique opportunities, check the City's Recreation Guide, visit www.rockvillemd.gov/recreation, or call 240-314-8620.

Bellies Up: Moving to the Music

Large snake arms. Hip sways. Hip thrust walk. Rib lifts. And the washing machine.

These are just a few of the suave moves that students will learn in the City of Rockville's **Belly Dancing** class with Salome.

Each week, approximately 12 women (yes, all women, although men are always welcome to join) congregate at the Rockville Senior Center to learn the art of belly dancing, which, includes various aspects of body awareness and empowerment.

"Dance is life," said Salome, who has been dancing for 10 years. "Belly dancing is not a formal dance. It is a folk dance — a performance. All teachers have different ways of teaching it, and there are different theories

works in Rockville. "It's fun — cool really. When people find out I'm taking belly dancing, they are like, 'Oh my God! Teach me something!'"

And students of Salome, who by day runs a science illustration studio, have plenty of moves to pass along. Contrary to the oversensualized, Hollywood image of belly dancing, Salome said that she likes to enforce empowerment by encouraging students to move their bodies naturally.

"A lot of people don't know what to do with their bodies when they dance," Salome said. "It helps to really break the movements down into pieces, to make dancer aware of what every body part is doing, and eventually,



Seniors learn the rules, strategies and basics of Dodge Ball in one of the City's newest classes.

Keeping In Dodge

Rockville Seniors Rekindle Youthful Spirit With Dodgeball Craze

Ben Stiller has nothing on these seniors. Anyone who has seen the movie "Dodge Ball," starring Stiller, will have an appreciation for the newest class offering at the Rockville Municipal Senior Center.

The brain child of Senior Center Fitness Specialist Joyce Staub, **Senior Dodge Ball** has the potential of becoming one of the more popular classes offered at the Center.

Take the first class for example. On a rainy, dreary, cold Valentine's Day morning, 13 seniors were at the Center to learn the rules, stretch their limbs and play a few games of the childhood classic recently re-introduced into the mainstream by Stiller's smash-hit movie.

And these 13 seniors got quite a workout. "I was even huffing and puffing," said Staub, who joined the seniors in a few games, "and I teach aerobics."

The class is being taught by Staub's husband, Marty, who also coaches softball for the Senior Center and works part-time throughout the year.

Marty Staub, after researching the game and watching the movie, figured he would need to modify the game somewhat depending on the participants' ability levels. However, after the first class, he and Joyce agreed that no ma-

jor modifications are necessary. "The competitiveness of the seniors does not surprise me," said Joyce. "They love team sports, but I'm impressed at the ability level. I was thinking, at first we could just walk through a game, but Mary Beard, who is 83 years old, ran up to get the ball and got right into it. Everyone jumped right in. I think it went really well."

The simple modifications for Senior Dodge Ball include a reduced number of balls (four to start, although Marty wants to increase the number as the class progresses), and no diving. Other than that, the basics are the same — teams face each other and throw foam balls at one another attempting to hit opponents. If the opposing player catches a ball, the player who threw it is out, and the catching team can add a player. The first team to eliminate all players from the other side wins.

Watching the seniors play shows it is obvious that winning isn't the objective. Just laughing and having fun together was the theme of the day.

"It was a really good class," said Beard. "I think everyone had a good time." ■

COMING THIS SPRING:
✓ Call **Joyce Staub** for times 240-314-8822



Several women meet weekly to sway, swagger and swirl while learning the art of Belly Dancing.

behind the dance's origins." But one thing is constant, Salome said. "You'll never dance the same after taking the class," she said. "You learn so much about the body and build an awareness about its movements, people never dance quite the same." Student Tanesha Manigo agrees. "I'm definitely more aware of my body because of the dancing," said Manigo, who

we bring it all together. It's really just moving the way the body moves naturally." Which is precisely the art in belly dancing. Rockville also offers two additional belly dancing classes with Amara, who has been teaching with Rockville for 2 1/2 years. ■

COMING THIS SPRING:
✓ **Belly Dancing** is offered every season.

It's All About The Kids

Road Kill: A Starter Course Into CSI and Forensic Medicine

Who would have ever thought that road kill could be educational?

City of Rockville Naturalist Emily Beach, that's who.

Developed as part of the Croydon Creek Nature Center's High School Lecture Series, Beach foresaw how the hands-on interaction with – literally – road kill could educationally benefit local teenagers in their pursuit of high school science.

The phenomenal success of the "CSI" (Crime Scene Investigation) television shows that have led to a meteoric rise in students seeking entrance to college forensics programs make this Rockville program enticing to many teenagers.

"There is no formaldehyde or other chemicals which typical dissecting specimens have," said Nature Center Supervisor Valerie Oliver. "Plus the animals were not raised just for scientific purposes. They are wild animals that have been hit by cars. This broadens the scope of learning."

The **Road Kill** program, which is not for those with terribly weak stomachs, includes discussions on how to reduce detrimental human-wildlife interactions. Students learn about age, cause of death and animal anatomy. Depending on the group, the program often will include mock round table discussions about wildlife management from different perspectives.

The high school lecture series is a vehicle for facilitating high school students to explore fields of science they may not be introduced to until later in their education.



Volunteer John Weller explains the '**Science of Road Kill**' to a group of high school students during a recent Croydon Creek Nature Center High School Lecture Series program.

"It helps fill a niche that formal education can not offer," Oliver said. "And the teens we have hosted have thoroughly enjoyed the program – even if some were squeamish at times."

Also part of the High School Lecture Series is the upcoming "**Women In Science**" program, with Naturalist Patrice Thomas. The timing of the program is especially appropriate in light of the recent higher education discussions about women in science.

Scheduled to participate during the May 14 program are a veterinarian, an astrophysicist, a civil engineer, a toxicologist, a molecular biologist and a geologist to discuss their education, background and research as women in science. ■

COMING THIS SPRING:

- ✓ Great Mistakes in Science on March 3
- ✓ Road Kill on April 16
- ✓ Women in Science on May 14

Youth Scholarships

With all of the great programs Rockville has to offer, the City wants every resident to have the opportunity to participate.

The City has coordinated the Rockville Rotary Youth Recreation Fund for those children who may not otherwise be able to afford to participate in City classes. The Fund provides financial assistance for youth program fees to children 17 years or younger. To be eligible, one of the following items is required: a copy of the applicant's Medicaid Card; a copy of the action taken notice for the Free or Reduced Lunch Program; proof of a certified foster home; or a WIC Program Card.

For more information, contact the Recreation Department at 240-314-8620.

Donations Also Accepted

Donations to the Rotary Youth Recreation Fund are most welcome. Every donation works toward helping an eligible Rockville child participate in one of the City classes.

Anyone who would like to contribute may send a check or "Add Up" on the registration form. Checks may be made out in any amount to the Rockville Rotary Youth Recreation Fund and mailed to the Rockville Department of Recreation and Parks, 111 Maryland Ave., Rockville, MD 20850.



IT'S YOUR MOVE...Six-year-old Sophie Yeh examines her chess moves in an **Intermediate Chess** class. After attending two of Rockville's chess classes, Yeh, in first grade at the time, competed in her first tournament – the Maryland All-Girls Championship – where she garnered a second place trophy after competing against students in third, fifth, sixth and seventh grades. Rockville will offer student chess classes in the spring: **Beginner Chess** (Wednesdays, April 13-May 25, 2:45-4 p.m.; Thursdays, April 7-May 26, 3:30-5 p.m.); **Intermediate I** (Wednesdays, April 13-May 25, 4-5:30 p.m.; Thursdays, April 7-May 26, 5-6:30 p.m.).

Youth To Take Flight This Summer

Skateboarding and Inline Skating Camps Are All the Rage

By Amy Orndorff

Kids in Rockville are speaking a new language. "Olly," "kick-flip" or "huck jam" are a few of the words they use to describe two of America's fastest rising sports – skateboarding and inline skating.

For the third year in a row, youth will learn how to "grind" and "get air" through the **Skateboarding and Inline Skating Camp** at the Rockville Skate Park this summer.

"The camp focuses on safety and skate park etiquette," said Greg Keim, president of American Inline, the professional organization contracted to operate the camp. "Our staff is well trained and they are very good with the kids."

Under the guidance of American Inline's professionals, campers ages 6-14 spend four hours each day, Monday through Thursday, perfecting skills like the olly, which involves popping the back of the board up with the back foot and sliding the front foot up the board.

"Mostly [I liked] just grinding the side of the half pipe and hanging out with some of my friends," said Tommy Bell, who has skateboarded for two and a half years and attended the camp last summer where he worked on "dropping in on quarter pipes and half pipes."

The camp's location at the Rockville Skate Park is stocked with equipment that challenges youth of all levels, including ramps, rails and a "funbox" or ledge with four ramps.

"We had requests over the last couple of years for this type of camp," said Phil Bryan, Rockville's superintendent of recreation. "The City chooses classes to meet the needs and interests that are the latest



Rockville's Skate Park is located behind the Rockville Municipal Swim Center.

and most appealing to our youth. Skateboarding and inline skating have quickly become two of the most popular."

The registration fee is \$135 per resident/\$155 per non-resident. Campers also are required to bring their own skateboard or skates and must wear a helmet, knee and elbow pads and wrist guards. All participants receive an official camp T-shirt.

Sign-ups for this and the dozens of stimulating camps offered by the City began Feb. 10. Spaces are limited and fill fast for the most popular offerings. For a complete list of classes offered, visit www.rockvillemd.gov and click on Rock Enroll or visit City Hall at 111 Maryland Avenue and pick-up a 2005 Summer Camp Guide.

For more information about the Inline and Skateboarding Camp, call 703-803-7100. Call 240-314-8620 to reach the City of Rockville Recreation and Parks Department for questions about the 2005 Summer Camp program. ■

Self-Empowerment

Seniors and Protection Rockville Hosts Senior Citizen Police Academy in Spring

One way to ensure self-empowerment is through personal awareness.

Hence the goal of the City of Rockville's **Senior Citizen Police Academy**.

Organized by the City's Police Department in conjunction with the Rockville Senior Center, a mix of senior members will meet weekly from March 16 to April 20 to discuss various topics that affect older residents, including scams that target the elderly.

"It is a shame that people still seek out the elderly community to make money," said Community Services Officer Jan Seilhamer. "But it seems to be a never-ending problem, and our responsibility is to protect the victims as best we can, which is why we're including senior scams as part of the Academy."

Other topics will include traffic law, prescription usage, proper use of 911 and many other areas of interest. The Academy is free and enrollment is open. Transportation by the Senior Center is free to City residents.

"These scams that target senior citizens are unbelievable," said Lorraine Schack, a senior social services coordinator. "Whether it's a phone scam or mail scam, we have to keep our seniors aware of the potential dangers of trusting the wrong people or organization. It's sad that it has to come to that, but it's reality."

Which is why Karen Lumpkin, Rockville's senior citizens recreation coordinator, in February invited NBC 4's Con-

sumer Watch reporter, Liz Crenshaw, to address questions and concerns for all residents — especially seniors.

In addition to the Senior Citizen's Police Academy's emphasis on senior scams, Rockville's Traffic Sergeant Al Rawlins will visit the Academy to discuss issues related to Maryland traffic law and driving at a later age. Other guest lecturers also are scheduled to visit the Academy.

Any senior interested in attending the Academy, which is scheduled to run on Wednesdays from 1-3 p.m., should contact Seilhamer at 240-314-8922. Depending on the level of interest, the City hosts one or two Academies each year. ■

COMING THIS SPRING:

✓ Wednesdays, March 16 to April 20, 1-3 p.m.

The Confidence of Self Defense

Although many classes and programs offer a combination of having fun while learning something useful, perhaps no class offered through Rockville's Department of Recreation and Parks is "Self Defense for Women."

"The goal of the class is to prepare women for basic self defense to deal with common situations," said instructor Ramy Latchinian, who for the past 15 years at his World Taekwondo Masters school has been turning out competitive world champions, along with people who just want to be more



Ramy Latchinian, left, teaches residents such as Tithi Dutta Roy to defend themselves by taking advantage of the weaknesses of a potential attacker.

confident walking around their neighborhoods. "These classes also inform them on how to behave and avoid such situations."

Addressed in the 10-week course—which is designed for women 15 and older—are using pressure points, getting out of holds, countering to weapons and basic self defense.

"Our self defense class is designed for women," said Latchinian. "It enables them to use their opponents' weaknesses rather than their own strength. For a woman to try and match her strength against the strength of an assailant might not always yield positive results. But, if women learn to use the weaknesses of the aggressor, their chances of success are much better." ■

COMING THIS SPRING:

✓ **Self-Defense for Women** is a 10-week course: April 5 through June 7. Classes will be held at World Taekwondo Masters, 4935 Wyaconda Road in Rockville.

Safety First

Anyone interested in increasing his or her child's confidence, personal safety skills and self-esteem might want to check out **Safety Kids** this spring.

Children 8 years and older will have the chance to work with Rockville City Police Chief Terry Treschuk and Work Karate Masters Instructor Ramy Latchinian to replace fear, confusion and panic with the skills necessary to recognize, avoid and, if necessary, escape violence or harm. The overall goal is self-empowerment.

Parents are welcome to participate. Safety Kids will be held on consecutive Fridays from April to June at World Taekwondo Masters, 4935 Wyaconda Road, in Rockville.■

COMING THIS SPRING:

✓ Fridays, April 15 to June 3, 5-6 p.m.

Family Activities

Parents, Children Enjoy 'Music Together' Developmentally Appropriate Programs in Music for Toddlers

In Terry Winkler's class, everything is musical.

Winkler, the instructor of **Music Together®** (The Joy of Family Music™), encourages some form of musical accompaniment with everything from returning instruments to their box, to dimming the classroom lights.

Students even *sung* "Goodbye" to a visiting photographer.

Winkler has been teaching music classes in Rockville for about five years, and has developed a special niche for herself with family music. Realizing how impressionable children are at such an early age, she began researching developmentally appropriate programs in music. Eventually Winkler, who had already been teaching her own music classes to children, found the nationally known program, Music Together, and brought it to Rockville.

"Children learn differently," said Winkler, a Rockville resident. "They learn informally. You might see a child off in a corner, seemingly not paying attention in class, but in the car, that same child will start singing away. And that's all right. The child is still learning, just by being there — they are like sponges."

And in the Music Together class, Winkler encourages parents/caregivers to allow their children to just be themselves — and keep on singing or dancing on their own.

The point of Music Together is complete participation on the part of the adult, so the family experiences the music together.

"It's almost more important that the parents are having fun," Winkler said as she organized babies' favorite mini instruments for washing. "It's modeling — children will do what they see adults do, so if the adults are singing and having fun, so will they. If not right then, they are still learning, absorbing. They will later."

Which is why visitors to the class will witness willing adults joyfully making car sounds, dripping noises, slapping hands, marching in circles and twirling about.

"Parents are such an integral part of the experience," said Rockville resident Caren Sadikman, who takes the class with her two children, 3-year-old Sophia and 15-month-old Drew, and caregiver Rose Pumaras. "We show the kids how to enjoy the music, too. The class is so free-spirited. Ms. Terri emphasizes that there's no right or wrong way to enjoy music; the goal is to just enjoy it."

Winkler's classes are open to children 8 months to 4 years old. During the winter session, Winkler is conducting five classes a week, equivalent to roughly 75 families, including Rae Coleman and her curious, musically abled 8-month-old granddaughter.

"This class will get *me* going," said Coleman. "It's been a long time since I have been in a class like this, but she does good. I think she likes it."



Parents/caregivers and children enjoy singing, dancing and playing a variety of instruments in Rockville's '**Music Together**' class, one of the several family activities offered by the City.

Sadikman feels the same about her children.

"One of the best parts of parenting is having fun with your kids," she said. "This class allows you to watch them grow in a happy, upbeat environment. There's no pressure in this class to act a certain way. It's all about exploration and letting kids be kids." ■

COMING THIS SPRING:

✓ **Music Together** is scheduled for several classes each week. Weds., April 13-June 15, 9:30 and 10:30 a.m.;

Thurs., April 14-June 16, 9:30 and 10:30 a.m.; Fri., April 15-June 17, 10 and 11 a.m. classes

Also

✓ **Mama Fit** is great workout for brand new moms with baby. Moms can start losing pregnancy weight and building strength. A baby front carrier is used during exercises with baby during class. Fri., April 8-May 27, 11 a.m.-12 noon.
✓ Check Rockville's Recreation Guide for other family classes.

‘Differently Abled’ Inspire

Class Rehabilitates Students Through Water Therapy

Five years ago Judy Holland could barely walk, and when she did attempt to take unassisted steps, she was petrified that she was going to fall. Holland lives with Multiple Sclerosis, a disease that stricken her body’s abilities.

“I was depressed, overweight, timid, scared, and when I walked, I used a cane,” Holland said.

Watching Holland walk now, it is hard to imagine the spunky Rockville Municipal Swim Center instructor in such a state.

What changed her life was taking a swimming class with Ellen Hurley at the Swim Center. The class, designed to develop muscle strength, flexibility, range of motion and endurance for those with various mobility-limiting conditions (such as arthritis, fibromyalgia, joint replacements, stenosis, traumatic brain injuries, multiple sclerosis and strokes), affected Holland in a way she never could have imagined.

“Judy is a totally different person,” Hurley said. “Before, her body was spastic. She was barely able to walk. She had no hip movement. Now, it’s amazing.”

Together, both Hurley (who volunteers her time) and Holland currently teach the Swim Center’s class, equally serving as an inspiration to their students. Similar to Holland, Hurley has had her share of physical obstacles as a result of traumatic brain injuries. Also similar to Holland, Hurley refused to succumb to her condition.

In class, the instructors use a combination of bio feedback, tai chi, yoga, common sense and encouragement to retrain their students’ abilities.

“In the water you can do movements you can only dream about doing on land,” Hurley said. “The buoyancy of the water helps the body move better with four times more work. For example, many of our students can bunny hop in the water, but would never be able to do that out of the pool.”

The class helps to develop cardiovascular ability, range of motion, balance, endurance, strength, flexibility and socialization.

“Just giving students the confidence to get out and do things they didn’t think they could do,” Holland said, “that’s success.”

And showing people that they are not “disabled,” but “differently abled” is a goal of the class.

“I have a son with cerebral palsy, and he can’t drive a car,” Holland said, “but he has memorized the bus schedules for the entire D.C. area. He can get *anywhere* he wants to go. He just does it differently than most people.”

Students of Holland and Hurley certainly benefit from the class – some in just a short amount of time.

“I had stroke 10 years ago,” said Rockville resident Zan Donaldson. “I started taking the class four months ago and before the class I could barely walk a half-lap in the shallow end. Now, I can almost walk five laps. I’m tired after class, but energized.” ■



Instructors **Judy Holland** (laying in water) and **Ellen Hurley** demonstrate one of the exercises utilized in water therapy.



Women’s Synchronized Swimming is one of the most established programs the City has to offer.

In-Synch at the Swim Center

Synchronized Swimmers Develop Skills, Bonds With Sonja

It is standard practice in journalism to include people’s first and last names in every article.

But in this case, referring to Sonja would probably be more suitable. You see, Sonja (Lazarowitz, for the record) has been teaching for the City of Rockville’s Municipal Swim Center for more than 30 years, and has coached and instructed literally thousands of swimmers, young and old, and at age 74 has no plans of quitting. Over those 30 years, Sonja has developed a stellar reputation, such that Rockville Municipal Swim Center has become synonymous with “Sonja.”

Just ask any of her current “**Synchronized Swimming**” students.

“I come all the way from Howard County every week just for Sonja,” said Janice Hite, who has been taking Synchronized Swimming for seven years with Sonja.

And Hite is one of Sonja’s more rookie synchronized swimmers.

Rockville resident Phyllis Blum and 86-year-old Nellie Widmeyer have each been with Sonja for 27 years. Two other longtime students of Sonja’s have even developed into international competitors – 65-year-old Carol Ireland and grandmother Joann Smith, who have traveled to Germany, England and Canada for competitions.

It is no wonder why the students are so attracted to Sonja’s class. Just listening to Sonja, who has been teaching Synchronized Swimming overall for more than 50 years, speak about her sport is inspiring.

“It’s such a beautiful sport,” Sonja said.

“It’s a combination of several sports: gymnastics, diving, dancing and swimming. And it is quite a workout. When both legs are out of the water (during certain moves), you are supporting 40-45 pounds. No matter what, you are always supporting some weight at all times while trying to control your breathing – in synch with everyone else.”

Watching the students coordinate their movements seems like the most difficult aspect of the sport.

“This sport is so challenging,” said Ireland. “It improves your flexibility and muscle tone. And Sonja watches us and really helps us. She makes sure we are doing *everything* right.”

Hite, who does not synchronize swim competitively, finds other uses for class.

“I have three grandchildren and I love taking them into the pool and teaching it to them,” Hite said. “It’s so much fun actually doing something with them.”

Smith, a mother of eight, has found her own rewards through the intense synchronized swimming workouts.

“I’ve rediscovered my body,” Smith said. “After having eight children, I had to change my lifestyle to get back into shape. I love this class. And we are all like sisters to each other. There’s so much support from everyone in the class – even in our personal lives.” ■

COMING THIS SPRING:

✓ **Synchronized Swimming** is scheduled for Tuesdays, March 15-June 4, 9:30-11 a.m.

It Is Easy to Find Class in Rockville

SPRING REGISTRATION BEGINS: Residents, Tuesday, March 1
Non-Residents, Wednesday, March 16

SPRING CLASSES BEGIN: Week of April 4

FULL LIST OF SPRING CLASSES/SUMMER CAMPS: www.rockvillemd.gov/recreation

REGISTRATION:

1. ONLINE: www.rockvillemd.gov, click on “rock enroll”
2. Telephone: 301-762-4284
3. Fax Registration Form: City Hall, 240-314-8659; Swim Center, 240-314-8759; Senior Center, 240-314-8809
4. Mail: Rockville City Hall, Dept. of Rec and Parks, 111 Maryland Ave., Rockville MD 20850; Rockville Municipal Swim Center, 355 Martins Lane, Rockville MD 20850; Rockville Senior Center, 1150 Carnation Dr. Rockville MD 20850
5. Drop Off (Monday through Friday, 8:30 a.m.-4:30 p.m.): City Hall; Swim Center; Twinbrook Recreation Center; Lincoln Park Community Center; Croydon Creek Nature Center



FLEXIBILITY WITH YOGA... Parents/guardians who wish to stay in shape have one very important consideration: Who will watch their child while they head to the gym? Many gyms now offer a childcare service, but City yoga instructor **Susan Bowen** took it one step further when she opened her brand new yoga studio, Thrive (located at 1321-B Rockville Pike). While adults are taking one of Thrive’s classes, parents can bring their child for Kid’s Yoga, which is held in a separate room. But having a parent in another class is not required. Kid’s Yoga is open to any child.

COMING THIS SPRING:

- ✓ **Creative Yoga for Kids** is scheduled for Tues., April 5-June 7, 4-5 p.m.
- ✓ **Yoga Vinyasa Flow/Adult-All Levels** is scheduled for Tues., April 5-June 7, 4-5 p.m.